

# BLUE MOUNTAINS LOCAL COMMUNITY RECOVERY



## HELPFUL TIPS FOR RECOVERY

- Recognise recovery from natural disasters can take time.
- Keep communicating.
- Schedule time for things you enjoy.
- Tackle issues early on.
- Seek information or support when you need it.
- Reflect on how far you have come.
- Look after your physical health.
- Get back into everyday activities.



## INFORMATION AND IDEAS TO ASSIST RECOVERY

### **Australian Red Cross**

[aftertheemergency.redcross.org.au](https://aftertheemergency.redcross.org.au)

### **Blue Mountains City Council**

[bmcc.nsw.gov.au](https://bmcc.nsw.gov.au)



SUPPORTING YOU EVERY STEP OF THE WAY



# USEFUL CONTACTS TO ASSIST RECOVERY

## Rebuilding and Landscaping

Blue Mountains City Council can provide information and advice on rebuilding and landscaping. Contact 4780 5000 [bmcc.nsw.gov.au](http://bmcc.nsw.gov.au)

NSW Rural Fire Service can provide advice on how to determine Bushfire Attack Levels (BAL). Contact Bush Fire Information Line 1800 679 737 [rfs.nsw.gov.au](http://rfs.nsw.gov.au)

Fire Protection Association Australia national peak body for fire safety products and services. Contact 03 8892 3131 [fpaa.com.au](http://fpaa.com.au)

## Financial Support

Blue Mountains Family Support 4782 1555 [bmfss.org.au](http://bmfss.org.au)

Gateway Family Services 1300 316 746 [gatewayfamilyservices.org.au](http://gatewayfamilyservices.org.au)

Money Smart [moneysmart.gov.au](http://moneysmart.gov.au)

No Interest Loans Scheme (NILS) 136 457 [nils.com.au](http://nils.com.au)

Salvation Army Springwood 4751 1802 [salvos.org.au/springwood](http://salvos.org.au/springwood)

Winmalee Neighbourhood Centre 4754 4050 [winmaleeneighbourhoodcentre.com.au](http://winmaleeneighbourhoodcentre.com.au)

## Financial Counselling

Catholic Care Social Services 4751 4956 [ccss.org.au](http://ccss.org.au)

Winmalee Neighbourhood Centre 4754 4050 [winmaleeneighbourhoodcentre.com.au](http://winmaleeneighbourhoodcentre.com.au)

## Insurance / Legal

Elizabeth Evatt Community Legal Centre 1300 363 967 [eeclc.org.au](http://eeclc.org.au)

Law Access NSW 1300 888 529 [lawaccess.nsw.gov.au](http://lawaccess.nsw.gov.au)

Legal Aid 1300 888 529 [legalaid.nsw.gov.au](http://legalaid.nsw.gov.au)

Insurance Council of Australia 1300 728 228 [insurancecouncil.com.au](http://insurancecouncil.com.au)

## Counselling and Social Support

### Crisis – 24 hour

Lifeline 13 11 14 [lifeline.org.au](http://lifeline.org.au)

Kids Helpline 1800 551 800 [kidshelp.com.au](http://kidshelp.com.au)

Domestic Violence Helpline 1800 737 732 or 1800RESPECT [1800respect.org.au](http://1800respect.org.au)

Mensline 1300 78 9978 [mensline.org.au](http://mensline.org.au)

### Counselling

See your GP for referral to counselling and psychological services.

School Psychologists available in every NSW public school.

Catholic Care Social Services 4751 4956 [ccss.org.au](http://ccss.org.au)

Community Mental Health Services 1800 011 511 [nbmlhd.health.nsw.gov.au](http://nbmlhd.health.nsw.gov.au)

Headspace [headspace.org.au](http://headspace.org.au) 1800 650 890

Relationships Australia 1300 364 277 [relationships.org.au](http://relationships.org.au)

Salvos Counselling Services 4731 1554 [salvoscounselling.salvos.org.au](http://salvoscounselling.salvos.org.au)

Child & Family Counselling Services, Primary Care & Community Health 1800 222 608 [nbmlhd.health.nsw.gov.au](http://nbmlhd.health.nsw.gov.au)

## Social Programs and Support

Blue Mountains Neighbourhood Centres & Family Support Services offer free/low cost social, recreational, support programs and activities that connect local communities. [bmcc.nsw.gov.au/yourcouncil/contactus/neighbourhoodcentres](http://bmcc.nsw.gov.au/yourcouncil/contactus/neighbourhoodcentres)



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